

July 2011

Baylor Health

PLANO EDITION

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REAL PATIENTS. REAL STORIES.

Second Chance

After a stroke six years ago, DANE TAYLOR is living each day to its fullest with help from her therapy dog, BEBE

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JOINT SOLUTION
Baylor Plano's orthopaedic experts can help solve your knee problems page 4



Fun in the Sun

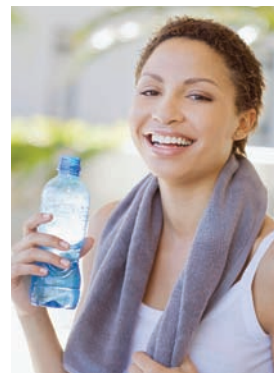
7 tips to keep you safe this summer

Picnics in the park. Playing in the pool. When thinking summer, fun comes to mind. But what about the hazards that warm weather brings? Follow these seven tips from John Marcucci, M.D., an emergency medicine physician on the medical staff at Baylor Regional Medical Center at Plano, to ensure safe fun all summer long.



1 Slather up. The best way to avoid skin cancer is to stay out of the sun between 10 a.m. and 4 p.m. But when you do go out, apply sunscreen 30 minutes beforehand. Choose one with an SPF of 15 or greater and reapply every two hours.

2 Stay hydrated. Heat and being active can dehydrate you quickly. Sip water throughout the day, whether you're thirsty or not, and always carry a bottle with you.



3 Garden safely. Yard tools and chemicals should be kept in a secure structure out of reach of children. Check the lawn for holes, glass, rocks and other objects before mowing.

4 Never swim solo. Use the buddy system when going to the pool or the lake. And enroll in a CPR class—just in case an emergency happens.

5 Assign an adult. It goes without saying to watch kids around water, but accidents can happen even when multiple adults are around. Assign one adult to stay near the pool—not watching out the window—to keep an eye on the kids at all times. Rotate duties so everyone gets a chance to relax.

6 Wash it off. If you come in contact with poison ivy, poison oak or sumac, immediately wash the affected area and your clothing to prevent the rash from spreading.



7 Pack a first-aid kit. Whether heading out for a long drive, hike or camping trip, always have a first-aid kit handy. • *By Shelley Flannery*

BE PREPARED FOR AN EMERGENCY Better Safe Than Sorry

If you experience any type of emergency this summer—big or small—head to Baylor Plano's emergency room. Call **1-800-4BAYLOR** or visit **BaylorHealth.com/PlanoER** to learn more.

Baylor Regional Medical Center at Plano
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469-814-2000

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Not Just for Kids

Adults with scoliosis have options for reducing their curve and pain

Jenifer Rosello of Richardson was diagnosed with scoliosis in 1994 during a routine school screening. To control the curve, she slept in a brace each night through most of her teen years. “In 1999, when I was 19, I was told that I was done growing so the curve probably wouldn’t progress,” she says.

Ten years passed. Rosello’s back and neck hurt, she was having headaches, and her back looked crooked. X-rays showed that her curve had progressed 10 or 11 degrees.

Richard Hosten, M.D., medical director of the Baylor Scoliosis Center, says, “It’s a misconception that scoliosis is a pediatric issue. People get larger curves that are painful and need to be addressed. The most rapidly growing area for scoliosis treatment is adults with an average age of 50 to 55. That’s often when the curves get large enough to be arthritic and painful,” he says.

Setting Things Straight

Given her spine’s curve, Rosello had two choices—live with the curve and the pain or undergo surgery. At age 29, she chose surgery, and last November physicians on the medical staff at Baylor Regional Medical Center at Plano operated, correcting her spinal curve from 55 degrees to 15 degrees. She says it helped tremendously.

Rosello was walking the day after surgery and released to go home after five days. After a month she returned to work part time, after four months she traveled to Disney World, and after five months she was four-wheeling. The operation changed her life.

“I used to be tired all the time. I don’t know if my spine was pushing on a lung or what. I had a headache just about every day. I couldn’t wear what I wanted to wear—I looked like a hunchback. I wore my hair long to cover up my back, and I wore an old-lady swimsuit,” she says.

“Now I’m in my bikini. I’m back to running and dancing and doing everything I want to do. I can’t tell you how many dresses I bought since the surgery. I cut my hair—it used to be so heavy, and now it feels so fresh,” she says. ● *By Stephanie Thurrott*

SEE THE VIDEO

 **Watch Jenifer’s Story**

See more about Jenifer’s surgery and recovery at **TheBaylorScoliosisCenter.com**.



  **FIND OUT MORE**
Ready to Change Your Life?

To learn more about scoliosis treatment options, please call the Baylor Scoliosis Center at **972-985-2797** or visit **TheBaylorScoliosisCenter.com**.

Knee Replacement

A tumble takes its toll. A new knee is the solution

Ann Lary's knee problems began when her dogs were barking one night in May 2009. Afraid of an encounter with a skunk, she ran outside, and fell. "I heard snap, crackle and pop. I tore soft tissue and cartilage. I got immediate medical care, but my knee went spiraling downward after that," she says.

Taking the First Step

Despite two arthroscopic surgeries in Longview, her knee got worse. After the second surgery, her doctors there told her she would be a candidate for knee replacement. But, at age 50, they were concerned that she was too young.

"I was using a cane, and I wasn't sleeping. I wanted to have my quality of life back. I was three years from retirement, but I couldn't work from a wheelchair. I needed to walk," she says.

Charles Toulson, M.D., an orthopaedic surgeon on the medical staff at Baylor Regional Medical Center at Plano, says, "Knee replacements are expected to last 15 to 20 years, and may only be able to be replaced once. But we need to consider each patient's condition and circumstances."

Lary's surgeon on the Baylor Plano medical staff agreed that knee replacement was the best option for her, and in August 2010, she had her right knee replaced. She acknowledges that recovery was a challenge, especially in the first couple of weeks. "Knee replacement isn't for sissies. It's a huge commitment. It is not a quick fix, but it is worth the journey," she says.

Back on Her Feet

Lary now is back to the activities she took for granted before she injured her knee. "I can go grocery shopping in one day! When the knee was bad, before surgery, I had to do grocery shopping over two to three days because I couldn't stand up that long," she says. She struggled to sit

through a church service, and passed up invitations to movies (too much sitting) or shopping (too much walking). "For 14 months I didn't get more than two or three hours of sleep a night," she says. While she can't kneel, she can sit cross-legged to tend her garden, a hobby she enjoys. ● *By Stephanie Thurrott*



LEARN MORE ABOUT
YOUR OPTIONS

Need New Knees?

To register for a free joint pain seminar or for a referral to an orthopaedic surgeon on the Baylor Plano medical staff, call **1-800-4BAYLOR** or visit BaylorHealth.com/PlanoOrtho.

 WATCH
THE VIDEO

See Ann's Story

Learn more about Ann's knee injury and recovery at BaylorHealth.com/PlanoOrtho.

Diabetes Patients Make Gains on Weight Loss

Baylor studies drug's potential for overweight people with type 2 diabetes

People who have type 2 diabetes often find themselves caught in a vicious circle of weight gain. Being overweight or obese can contribute to the development of type 2 diabetes, and some medications used to treat the condition can cause more weight gain. In addition, it's often harder for people with type 2 diabetes to lose weight.

Losing weight, and keeping it off, can help people with type 2 diabetes better manage their condition. It can also reduce their risk of other health issues such as high blood pressure and heart disease.

That's why Baylor is participating in a multicenter study to see if a diabetes medication that's already on the market might help people lose weight while controlling their diabetes. The drug has been shown to help people with diabetes manage their blood glucose levels, and other studies have examined how it can help people without diabetes lose weight.

"This new study is going to look at patients with type 2 diabetes and focus on using slightly higher doses than we usually do, to see if we can have a real effect on their weight as well as their blood glucose," says Priscilla Hollander, M.D., Ph.D., an endocrinologist on the medical

BE PART OF THE STUDY

Want to Be Active?

Participants will be enrolled in the study as late as the end of July. For information, call **214-818-7155**.

staff at Baylor University Medical Center at Dallas and the Baylor Endocrine Center.

The drug being tested mimics a peptide hormone that stimulates release of insulin after a meal, which is important in controlling glucose. It also can help control appetite by sending the brain a message that one has just eaten and should not have to eat again. It can also slow the emptying of the stomach and make people feel fuller longer. Patients with type 2 diabetes make less of this hormone than individuals who do not have diabetes.

During the 56-week study, participant groups will be given varying doses of the drug and one group will receive a placebo.

"We're hoping this medication might have a unique advantage in helping people with diabetes lose weight," Dr. Hollander says. "And, hopefully, losing the weight will have a favorable effect on their diabetes and their overall health." ● *By Amy Lynn Smith*



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Stroke Knows No Age

A 'brain attack' can strike anyone.
Here's how to strike back

Six years ago Dane Taylor of Dallas was working as a makeup artist on a photo shoot in Cancun, Mexico, when a debilitating headache struck. "I had a history of migraines, and this headache went into a second day. By noon I couldn't keep working—I had to go back to my room," she says.

She woke, and noticed trouble moving her right arm and leg, but thought she had slept on them wrong and went back to sleep. The next morning, she tried to return to work but was exhausted. She spoke to her co-workers, but they couldn't understand her jumbled words. They took her to a local hospital and the next day she traveled to Baylor University Medical Center at Dallas, where MRIs determined the then-50-year-old had experienced a stroke. While she didn't have a family history or other known risk factors,



WATCH THE VIDEO

In Dane's Words

To watch Dane's video and get more healthy ideas and stroke-prevention tips, download our digital magazine at BaylorHealth.com/Exclusive.

Recovering from her stroke was made a bit easier for Dane Taylor with help from her therapy dog, Bebe.

the MRI uncovered an unusual vein configuration in her brain.

Stroke affects everyone differently. For Taylor, the trouble with her right limbs passed quickly. “I could walk, and my mobility was fine, but I couldn’t speak,” she says. During rehabilitation sessions three or four times a week, she regained her speech, although she still notices some aftereffects of the stroke, particularly when she is tired. “My memory isn’t what it used to be, and I’m not great at math,” she says. But thanks to her hard work in rehab, she has returned to work and to the activities she enjoys.

Different Causes, Same Symptoms

“Stroke can occur at any age,” points out Dion Graybeal, M.D., medical director of the stroke program at Baylor Dallas. However, the causes of stroke in younger people are often different from those in seniors.

Asher Imam, D.O., medical director of the stroke program at Baylor Regional Medical Center at Grapevine, says, “In people over 55, most of the time the primary cause is disease of the artery.” Younger people are more likely to have a cardiac abnormality or coagulation disorder, in which the blood does not clot properly, that triggers a stroke. Other causes include drug use, aneurysm rupture or a traumatic arterial injury.

But younger people with risk factors such as obesity, high blood pressure and abnormal cholesterol levels, are at risk of stroke triggered by arterial disease, just like their older counterparts.

Jai Kumar, M.D., a neurologist on the medical staff at Baylor Medical Center at Garland, recommends a low-fat, low-salt, low-sugar diet heavy in fruits and vegetables to help reduce stroke risk. “I tell my patients they need to

WHAT’S YOUR RISK?



Quiz yourself on stroke risk factors, get stroke prevention tips and hear a mind-strengthening podcast, all at BaylorHealth.com/HealthCast.

eat all the colors of the rainbow every day,” he says. And he warns to watch for salt in fast food and processed food, where it’s used as a preservative and doesn’t necessarily taste salty.

In people of any age, symptoms are the same. (See “FAST Action.”) If you notice these symptoms in yourself or someone else, get help right away. With the most common type of stroke, clot-busting drugs can help prevent brain damage and long-term effects, but they need to be administered within three hours of the onset of symptoms.

“These drugs can dissolve the blood clot and get you back to a more normal function,” Dr. Graybeal says. “But of the 795,000 strokes in the United States per year, less than 5 percent get help in time.” Knowing the warning signs can improve this percentage—and improve outcomes. ●



Stepping Forward After Stroke

Joshua Crow, 30, of McKinney, knows firsthand how stroke can have long-lasting effects. He suffered a stroke when he was just 10 years old that left him unable to pull his left foot up, because of nerve damage.

“My foot always pulled down and I ended up with a lot of pain in my toes. I was unable to stand flat-footed, I always limped real bad, and I wasn’t able to work all day without pain,” he says.

Physicians on the medical staff at Baylor Regional Medical Center at Plano thought they could help. Sarang Desai, D.O., an orthopaedic surgeon on the medical staff at Baylor Plano, says, “In a stroke, certain tendons and muscles over pull, and others don’t work. We can help people who have had strokes and are affected in this way.”

Surgery seemed like the best solution for Crow. “Since my surgery, I’m not in pain after work. I’m able to do normal day-to-day stuff like walk my dogs, go shopping or walk around the woods,” he says.

By Stephanie Thurrott

FAST Action

The acronym FAST can help you recognize stroke symptoms in yourself or someone else:

- Face:** Look for drooping on one side of the face, particularly when smiling.
- Arms:** When raising both arms, does one drop downward?
- Speech:** Do words sound slurred or unusual?
- Time:** Call 911 if you spot any of these signs. And note the time you first noticed symptoms so medical staff can track how much time has elapsed.

(Source: National Stroke Association)

FIND DR. RIGHT



Explore Your Treatment Options

For a referral to an orthopaedic surgeon on the Baylor Plano medical staff, call **1-800-4BAYLOR** or visit BaylorHealth.com/PlanoOrtho.



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Community Calendar July & August 2011

For location information or to register, call **1-800-4BAYLOR** or visit **BaylorHealth.com/PlanoEvents**.

Classes & Seminars

MammaCare® Breast Self-Exam Class

Monday, July 11, 5 to 6:30 p.m.
Friday, Aug. 12, 10 to 11:30 a.m.

Weight Loss Surgery Informational Seminar

July 12 & 26; Aug. 9 & 23,
6:30 to 8:30 p.m.

Joint Pain Seminar

Wednesdays, July 13 & Aug. 10,
6 to 7 p.m.

Shoulder Injury Seminar

Tuesday, Aug. 9, 12 to 1 p.m.
Presented by Robert Berry,
M.D., orthopaedic surgeon.

Athletic Participation Physicals

Saturday, Aug. 13, 9 a.m. to
2 p.m. Free athletic physicals
for area athletes.

Kicking Foot Pain Seminar

Wednesday, Aug. 17, 12 to 1 p.m.
Presented by Dominique
Nickson, M.D., orthopaedic
surgeon.

Ongoing Programs

**Diabetes Self-
Management Program**
Call **469-814-6896**.

Extended Mammography Hours

Appointments begin at 7:30
a.m. on Monday and Tuesday
and at 8 a.m. on Saturday.
Saturday, July 9 at Baylor
Diagnostic Imaging Center at
Craig Ranch, 8080 St. Highway

121, Ste. 100, McKinney.

Saturday, July 16 at Women's
Imaging Center, Medical
Pavilion II, Suite 100.

Saturday Spa Days

Saturday, Aug. 6
Baylor Diagnostic Imaging
Center at Craig Ranch

Saturday, Aug. 13
Women's Imaging Center

Support Groups

Support for People with Oral, Head & Neck Cancer

Tuesdays, July 5 & Aug. 2,
6 to 8 p.m.

Weight Loss Surgery Support Group

Wednesdays, July 13 & Aug. 10,
6 to 8:30 p.m. To register, call
469-814-5677.

Breast Cancer Support Group

Mondays, July 18 & Aug. 15,
5:30 to 7:30 p.m.

Look Good Feel Better®

Tuesday, July 19, 6 to 8 p.m.
Held in conjunction with the
American Cancer Society
to help patients undergoing
cancer treatment feel more
comfortable with changes in
their appearance.

Us Too! Prostate Cancer Support Group

Tuesdays, July 26 & Aug. 23,
6:30 to 8:30 p.m.

Diabetes Support Group

Thursday, Aug. 11, 5:30 to 7 p.m.




Baylor Frisco. Where TLC meets NICU.

The labor and delivery services at Baylor Frisco feature a highly trained staff, advanced technology and innovative resources for you and your baby. Whether you are a first-time parent or expecting triplets, we are fully prepared and focused on your care. And, should we discover your baby has some special needs, our Level IIIa Neonatal Intensive Care Unit is there for you 24 hours a day. We encourage you to take a tour of our beautiful labor and delivery rooms, as well as our postpartum rooms designed with you and your family's comfort in mind. We think you'll agree, Baylor Medical Center at Frisco is everything you need.

Voted best place to have a baby, 2011 Dallas Child Magazine

For a physician referral or for more information
or a tour of the Women's Center at
Baylor Frisco, please call
1.800.4BAYLOR or visit
BaylorHealth.com/Frisco

5601 Warren Parkway, Frisco, TX


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